



Service Priorities and Programmes
Electronic Presentations

Convention ID: 37

Submitting author: Mr HON CHING LAM

Post title: Occupational Therapist II, Kwai Chung Hospital, KWC

A Case-control Study: To investigate the external organizational strategy in memory function of persons with bipolar affective disorder (BAD)

Lam HC

Occupational Therapy Department, Kwai Chung Hospital

Keywords:

Bipolar affective disorder (BAD)

Cognitive dysfunction

Verbal learning

Memory

External organizational strategy

List-learning

Introduction

Bipolar affective disorder (BAD) is characterized by recurrent episodes or inter-episodes of manic and depressive features. Apart from the phase of symptomatic recovery of those mood symptoms, individuals with BAD often continue to experience cognitive impairment. Accumulated research findings provided evidences that deficit in verbal learning and memory were one of the core cognitive impairments in persons with BAD, and it related to their persistent psycho-social and occupational difficulties. The present study examined the effects of the use of external organizational strategy on their verbal learning and memory function according to the information processing model, in which the processes of encoding, retention and retrieval were investigated.

Objectives

To investigate whether external organizational strategy can facilitate the verbal learning and memory function of persons with bipolar affective disorder (BAD).

Methodology

24 subjects with BAD and 24 normal control subjects were tested with Hong Kong List Learning Test (HKLLT) consisting of a random (16 words were presented randomly) and a blocked (16 words were presented in clusters) word-list. The scores of both groups in random and blocked word-list were analyzed by statistical process.

Result

The subjects with BAD, as compared to normal control subjects matched with age and education, showed relatively poor performance in verbal learning and memory function. However, The subjects with BAD had improved performance in verbal learning, retention and retrieval in organized word-list (external organizational strategy). The persons with BAD can learn and memorize better with the use of external organizational strategy. Occupational Therapists, who are emphasizing on

cognitive function and functional recovery, can integrate the external organizational strategy into cognitive rehabilitation, and generalize to daily life.